Modifiable lifestyle factors (z_i)	Levels of exposure	Level Score
Smoking status	Never	4
	Ex-smokers > 10 years	3
	Ex-smokers ≤ 10 years	2
	Current ≤15 cig/day	1
	Current > 15 cig/day	0
Alcohol intake (in g/day)	< 6	4
	6 - 11.9	3
	12 - 23.9	2
	24 - 59.9	1
	≥ 60	0
BMI (in kg/m^2)	< 22	4
	22 - 23.9	3
	24 - 25.9	2
	26 - 29.9	1
	≥ 30	0
Physical activity (in MET-hours/week)	5th quintile (M: >96 ; W : >134)	4
	4th quintile (M: 67-96 ; W: 96-134)	3
	3rd quintile (M: 47-67 ; W: 69-96)	2
	2nd quintile (M: 30-47 ; W: 45-69)	1
	1st quintile (M: <30 ; W: <45)	0

Healthy Lifestyle Index (HLI)

16 — Favourable lifestyle

0 — Unfavourable lifestyle

$$HLI = \sum_{i=1}^{4} z_i$$